

wic APPROVED FOODS CHANGES

EFFECTIVE OCTOBER 1, 2025

Fruit and Vegetables and 100% Juice

- **FRESH** Herbs now available for purchase with the cash value benefits (CVB).
- All **Women** and Children now **receive 64 oz. juice**. No more frozen juice, 48 oz. or 96 oz.
- Decreased juice amounts. Women and Children receive **ONE** 64 oz. container per month.
- **Substitutions can be made at the clinic*** to swap one 64 oz. juice for \$3 more CVB.
- **Added 100% juice blends**, including Vegetable juice.



Cereals

- Nine **NEW** Cereals!



- **More** "whole grain" cereal **options**:
- Discontinued or removed:
 - **Discontinued:** Honey Kix, Berry Kix, Kashi Warm Cinnamon; **Removed:** Special K

Whole Grains

- **Increasing** monthly amount of whole grains for Women to 48 oz. Children will get 24 oz.
- **New package sizes** available! No longer 16 oz. only.
 - Examples: 12 oz. half loafs, 20 and 24 oz. breads, 13.25 oz. pasta, 32 oz. rice, 18 oz. oats
- **More** 100% Whole Wheat and 100% Whole Grain **options**.
 - Examples: New brands, English muffins, bagels, quinoa
- **Oatmeal** in canisters, bags, and tubs **added** as a whole grain. Instant oatmeal still a cereal.



Proteins

- **Added** new plant-based **nut and seed butters**: Wowbutter (Soy) and Sunbutter (Sunflower)
- ALL **Women and Children** now **get canned fish** every month!
 - Children (6 oz), Pregnant/Postpartum (10 oz), Mostly Breastfeeding (15 oz), Fully BF (20 oz)
- **Substitutions can be made at the clinic*** : 1 Dozen Eggs for ONE Container of Legumes



1 dozen



1 container

- Four 15-16 oz. cans of beans
- 16 oz. bag of dry beans
- 16 - 18 oz. peanut/nut/seed butter

Milk and Milk Substitutes

- **Decreased milk**: Women (4 gallons); Children 2-5 (3.5 gallons); Children under 2 (3 gallons)
- **No chocolate** milk.
- **New** substitute **options**: Plant-based milk alternatives and Tofu
- **Substitutions can be made at the clinic*** : (See substitutions guide)
 - Cheese, Yogurt, Tofu, Soy or Plant-based milk alternative, Dry, Evaporated and UHT milk



Infant Foods

- **New brands** authorized: Earth's Best, Happy Baby, Plum Organics, Parent's Choice
- **Organic** infant food **options** now available.
- **New package sizes**: 3.5 and 4.0 oz. **pouches**.
- **Decreased** infant **cereal**: 8 oz. for formula fed, 16 oz. for exclusively breastfed
- **Substitutions can be made at the clinic*** :



- Half (**64 oz.**) infant fruit/vegetables **for \$11 CVB**
- All (**128 oz.**) infant fruit/vegetables **for \$22 CVB**

Supporting Partially Breastfeeding infants with up to 4 cans of supplemental formula from 0-3 months.



***Substitutions in food packages must be made at your local WIC clinic.**

They cannot be substituted at the grocery store.

This institution is an equal opportunity provider.